ABSTRACT OF THE DISCLOSURE

~~The invention relates to a~~ A motor vehicle seat ~~(1) with~~ has a seat height adjustment device ~~that is embodied in such a way as to adjust~~ for adjusting a first part of the motor vehicle seat [[(2)]] in relation to a second part. ~~(3) of the motor vehicle seat (1), with at~~ At least one crash element ~~(4) being~~ is arranged between the first part [[(2)]] and the second part, ~~(3), said crash element~~ which in the event of a collision, prevents ~~preventing~~ or at least ~~hindering~~ hinders movement of the first part [[(2)]] relative to the second part. [[(3).]] According to the invention, the crash element ~~(4) is embodied as~~ comprises a piston-cylinder unit, with the piston ~~(5) thereof~~ being connected to the first part of the motor vehicle seat, [[(2)]] and the cylinder ~~(6) thereof being~~ connected to the second part. ~~(3) of the motor vehicle seat (1).~~ An opening [[(8)]] is provided in a cylinder wall [[(7)]] of the piston-cylinder unit through which a toothed blocking element [[(9)]] can be engaged in a blocking manner with a toothing [[(11)]] formed on the piston, [[(5),]] at least in the event of a collision.